



# **HELL-TH JEWISH DYSGENICSS**



## **API: Hell-th vs Health**

Health versus health. H-E-L-L hyphen T-H versus health. The distinction between Jewish genocidal techniques through propaganda and through their control of the allopathic so-called medical system, an alternative health system, in comparison to real health modalities that could be properly spoken of as Aryan or traditionalist.

So with me today is our, my fellow colleague to discuss these matters in hopes that it will help to straighten out the white man's thinking and enable them to understand how to be healthy and how to avoid the pitfalls, the endless pitfalls that Jews put forward in their media and in their government financed and sponsored propaganda to trip people up so that they can harm them as profitably as possible and in as most harmful way as possible through so-called medical intervention and various other so-called H-E-L-L hyphen T-H health modalities. So hello, my colleague, how are you today? Good to be here. So what specifically should we start with first since the field is very broad in subject matter, spans a whole gamut of the modalities of health that exist? Well, I would first, I would say that you clearly see with the commercials on television, also what Ben Claston would refer to as the Jewish idiot box, you would see a lot of ads pushing, you know, unhealthy, unhealthy foods and, you know, these chain restaurants that basically, you know, a lot of them, you know, like McDonald's and whatever that barely really use real meat, or if they do, they use fairly low quality meat because that's what's, you know, economically most efficient for them.

You have things like that. And also, you know, those who try to live a healthy lifestyle, they sort of will look and point and say, you know, oh, he's just a health nut or whatever, you know, you're crazy. Right.

They want people to have this impression of people who concern themselves with health as an orthorexic, neurotic, obsessive, compulsive, control freak. In other words, typically Jewish way of vilifying that which is a threat to their power by qualifying it as mentally ill. So, in other words, if you care about health, you're mentally ill, you should just relax and eat your poisonous hamburgers and your whatever else, pharmaceutical medications, chlorinated water, breathe your chemtrail infested air, blast yourself with cell phone radiation and cell tower radiation, you know, just like every other dumb goy.

They want everybody to be one of the dumb goyim, basically. But I think a good way to approach this topic is to think of it in terms of like a historical method in terms of, you know, the history of alternative health modalities or real health, natural hygiene, it was called. And we can take this back maybe to ancient Rome with Galen and various other Hippocrates and so forth in Greece.

That's a good starting point because it raises the issue of the contrast between what I call the hypocritical oath of allopathic medicine and the Hippocratic oath of Hippocrates,

which would be the actual real basis for health, which is what has been called natural hygiene, that the body heals itself. And another phrase, let your food be your medicine and your medicine be your food. So instead of all these allopathic modalities of genocide, let's focus on what is most healthy.

And I think a good jumping off point would be to try to maybe hermeneutically, historically, pick apart at what point Jews have sort of co-opted health as it's understood in the mind of the population. And I think that that really begins probably around the time of the turn of the last century, when they started importing a lot of, actually possibly even before that, when they started importing a lot of poisonous substances into the European world, such as tea from China and coffee from Arabia, also known as Arabian wine. And then from there they were getting the white population to consume laudanum, which had like opium in it and so forth, and Coca-Cola, which had cocaine in it.

It had like coca leaves to allegedly flavor it. And, you know, they were getting a lot of people addicted on opium and so forth during the last century, during the Victorian period. And that's sort of where the Jews had really gained power with the French Revolution in like the late 1700s and so on.

And it was at that time, probably, although throughout history, they've probably been trying to destroy whites through countless means of poisoning and so forth. But it wasn't until really the refinement of flour to make white flour that that sort of really came into prominence, so far as I understand. Well, and the other thing is, is not only, you know, fairly poisonous substances from, you know, basically as a consequence of free trade.

You also see the promotion of things like pornography, you know, which is bad for your mental health. That was at that time period. Even though they did have it before, like way before that time, not just during the time of Marie Antoinette in France and so forth, but they even had that in the ancient world also.

And I'm sure the Jews were behind that, the concoction of that as well. But go ahead with your point. Yeah.

And so people forget that the Third Reich, many of their so-called, you know, book burnings, that was much of what they would burn was, you know, pornography and just kind of perverted garbage, basically. And of course, if you try to destroy this stuff, you know, they scream, oh, it's a book burning. Oh, oy vey, you know, there's something wrong with, you know, disposing of trash.

And at the same time, in contrast, the Jews will ban any books that are critical of them and prohibit its publication through having a monopoly on the publishing companies and qualifying anything that criticizes them as hate literature, so they can justify basically eliminating it. Only because they do that in a sort of cowardly and sneaky way, like

usual, then they can portray themselves as being paragons of virtue, and that which is other to themselves, that which destroys ugliness and evil, namely the National Socialists, by burning the propaganda, the communist propaganda, pornography, they can portray that as evil, when in reality, they're just simply the Jews bad, in Nietzsche's sense, in beyond good and evil. They're just, you know, the Chandall, the Intervention.

And you know, what's interesting about that is they hijack that term with these superheroes, like, you know, with the Übermensch, it's like now if you say Superman, people just think of these superheroes, you know, same thing with Thor or whatever, they just think of these, you know, these characters that were created by Stanley Lieber, and those of his ilk, they just think of that instead of the actual. Well, Stanley Lieber is Stan Lee's real name? Yeah. Marvel Comics guy? Yeah.

Yeah. I didn't know that. But yeah, that's obviously what Jews want to do.

What they want to do with this alternative, with this, what they call health, is use that to create the appearance that it's a legitimate health system, so that they can basically distort, pervert and render unhealthy that which is otherwise superlatively healthy, when left to its own devices, namely the Aryan. So again, it's just a black magic means of destroying the health of white people by pretending that they have all the answers, they the Jews, and they're going to be the vehicle of this wonderful world of health and so forth. They're going to be the morally conscionable, morally responsible hero who helps people when the reality is their help is just hindrance.

It's only the appearance of health and the appearance of help. And it's actually harm, which is visited upon white people for profit, and to harm them to as great an extent as possible. So that's basically, we can see that definitely.

And the other thing is, not to interrupt, but they would invert, you know, things that are healthy as, you know, you're just a, you know, you're basically, you know, they use that means of peer pressure, like you're a loser, you know, you know, watch porn or do drugs or any of that. They do these means of peer pressure through movies or whatever, trying to normalize this behavior. And then not only that, but I remember back in high school, when I was in high school, I remember like people would say like, oh, you know, basically you don't, you know, pick your poison or whatever you're, you know, what are you a loser? What are you some kind of a psycho? You know, you're repressed is a favorite word they like to use.

I always like to invoke the so-called mental health angle, we could call it, that anybody who doesn't conform to their created behavioral standards, which are degenerate and harmful to you, constitutes somebody having some type of psychosis or some type of inherent defect that they can then, you know, focus in on, like with a microscopic vision or a laser-like vision and say, look at this, this guy, he's got a devil inside, you know, he must be, you know, a danger to others or to himself. We're going to go and help him and

so forth. And that's just the sort of specious way they have of constructing or ensuring conformity amongst their goyim slaves by creating the impression that that which is not conformistic to their created standards is deviant when the reality is the standards they create are themselves a deviation from the natural order of things.

So their prescription is deviance. And again, with malevolent intentions as a black magic attack against health and wellness and white people in general. So basically, they are basically black magicians by definition.

They use occult forces to harm people, occult being hidden. The etymology of the word occult, *occultare* in Latin, being that which is hidden, that which is concealed. So they use concealed.

And of course, when you mentioned the word occult, you know, they think of, you know, it's devil worship or whatever. Right. And that's all part of their propaganda so they can further conceal themselves and get others to look upon things in the way they want, because they're the ones who define the terms in their system.

And they're the ones who basically project these terms upon others. And that's what they do, especially with punitive psychiatry, which is one of the major forensic elements of their allopathic medical model, their genocide model, to do away with those who are dissidents by qualifying them as mentally ill. So all they have to do is say, this person has X, Y, Z mental illness.

Therefore, they could either be, by virtue of our theories, this leads to elemental P. In other words, this leads to harm to self or harm to others. Therefore, they're a danger. Therefore, they can be institutionalized or forcibly medicated or something of that sort.

And for that reason, you know, we all will be the responsible people who will be in control of their lives. And if you read the book by Michel Foucault, *The Birth of the Clinic*, then that illustrates that in copious detail, the usage of punitive psychiatry as a mechanism of control of human populations, or as the Jews would say, as goyim populations, because that's the way they look upon people, obviously. So that's one of the major elements of their legal system, is to employ those tactics, before in the Middle Ages, they used to claim that people were, you know, demons or possessed or witches.

And then they'd use their theological discourse to justify getting rid of those who are a threat to them, by doing the exact same thing they do now, by calling people mentally ill now, using the mainstream, psychiatric, neuroscientific, pseudoscientific, biological, psychological discourse. Instead, in the Middle Ages, they just used theological discourse. So it's the same thing, it's just the terms are slightly varied, but it's largely the same thing.

The priestly caste determines who you are, determines what you are, and it will use its

so-called rehabilitative or therapeutic models, its concepts to basically modify people's behavior according to their template, in terms of what they want you to be, a brick in the wall of Solomon's Temple, a robotized golem who serves them as a slave. So that is basically what they want to do. And of course, how they get there is by deliberately creating conditions in the environment in which you live, the social environment and so forth, that deliberately creates stress in you, or creates changes that make you, or that would make the average person, the average biological organism, react in such a way that makes it appear that there's something wrong, or that makes them think there's something wrong with themselves, or others look upon them as if they are displaying something wrong.

And that way they can say, oh my goodness, you have all these problems, we're here to help you, you know, come on into our mental health counseling or our psychiatric session, and then you can, you know, be rehabilitated or helped. But then you're entering into a spider's web, basically, as a spider, and then they wrap you up in their bureaucratic rhetoric, in their red tape, and in doing so, they can basically trap you there and do whatever they want to, according to their discourses. So that's why it's wise not to waste time ever communicating with any mental health professional.

That's just with respect to that topic. But my colleague, do you want to go back maybe to the turn of the last century, which is to say the late 1800s and so forth, and early 1900s, and discuss what you perceive to be, you know, means that Jews have used to basically engineer chaos, the health, H-E-double-L-hyphen-T-H conditions. What we could trace back to the beginning of the 20th century.

Yeah, like signs and symptoms that existed at that time. Well, I mean, you already mentioned that with, you know, Coca-Cola, what used to be, you know, allegedly, they used cocaine earlier on. But I would say that the problem of, you know, whether it's drugs or just low quality food that's basically poison.

I would say that things didn't really get really bad until the latter half of that century. But there was also in the 1920s, obviously, with Prohibition, where it ironically just made alcohol more popular by, you know, basically criminalizing it. And, you know.

And at that time, they did that for the purpose of building up their police state, they create a black market, they know people are going to be drinking anyway. So they deliberately create a black market. And in doing that, that enables them to justify the establishment of a police state.

Whereas before that, there wasn't really much in the way of policing. It was more in America anyway, in North America, it was more sort of like low scale, you know, they never really had too much in the way of the standard police state that people now come to understand as normal. And the reason why, you know, that was justified by claiming, oh, my goodness, all the gangsters are going to hurt people, we got to have law and

order.

And they made all sorts of films around that time as well in their media, in their Jewish controlled Hollywood, Jewish created Hollywood, you know, making it appear like the original Scarface. I'm not too sure if you're familiar with that movie. Yeah, yeah, yeah, of course.

Around 30 or something it was. The original Scarface? Yeah, that's the originals in black and white. And what it was, is basically the portrayal of, you know, the evil criminal rum runner, gangster, and good police.

That was sort of the theme. And the hardboiled detective, you know, Dick Tracy, stuff like that in the 20s and 30s. During the time of Prohibition, during and after that time, they were really pushing.

It was sort of like the, you know, you'd always have the agent or the detective or whatever, who's like kind of the hero, or obviously with these superheroes or whatever of that time, that was more in the 1930s. You also would see that a bit later on with like James Bond, where it's like the protagonist is the agent. You know what I mean? Yeah, well, the whole idea there, the whole propaganda psyop is basically the portrayal of the establishment as good, and that which is other to it as bad, or good versus evil.

And, you know, it's a very Jewish Christian morality of this, you know, very goody goody type of police and detective and so forth, you know, the responsible lawyers and the ministers and so forth. And they're all out to get the evil hardboiled or the evil, you know, dirty criminals, all of whom are always white, of course, when the reality is at that time in history, all the criminals who are involved in the mafia, Bugsy Siegel, Moe Dalitz, Meyer Lansky, all of them were Jews. And even the Purple Gang in Detroit, which was the ones who ritually murdered Charles Lindbergh's son, when Charles Lindbergh attempted to put a stop to the Second World War.

So, in other words, Jewish mafia, also called the Mishpaka or the Kosher Nostra, which began in like the 1890s when they started coming into New York, and they formed the Black Hand Gang, which was opposed by the White Hand Gang, which was an Irish, you know, counter-revolutionary group in New York, in that region. And I think that's portrayed in the movie The Gangs of New York with Leonardo DiCaprio, only inverted. So, again, it's always based upon inversion as a narrative of inversion, where the Jews portray themselves as the divinely appointed and divinely inspired, untouchable, unquestionable, morally responsible superiors, and that which is other to them or opposed to them and their so-called morality of hegemonic globalism that is portrayed as evil, and so construed that way in their media.

And that, of course, so we're discussing alcohol and how that was, you know, that time, but at the same time, it wasn't stigmatized entirely. It was basically stigmatized to the

extent that it needed to be for the establishment of a police state. And then once that was established, then they had the Roaring Twenties, right? And then it was just, and then the Dirty Thirties, you know, then it was all degeneracy.

It was like Weimar Germany on a sort of semi-soft scale. It wasn't as, you know, insane as it was in Germany. But in Germany, it was also at that same time, you know, because this is when the Jews had their First World War, and then the First World War ended.

And that's when they sort of, you know, had like a release valve in the form of the Dirty Thirties and so forth. And then they repeated that behavior, that propaganda after the Second World War, where they had, you know, the Teddy Boys in the 50s. They had Elvis Presley.

They had a lot of, you know, whatever, that sort of dancing where they're shaking their hips and so forth. You know, degeneracy that led to the hippies. Yeah, rock, basically rock music kind of would promote that kind of thing.

And then, obviously, in the 1960s, you had, well, even before that, in the 1950s, you had these people like Alvin Ginsberg, who would walk around with signs saying pot is fun. Right. So you see how they're really.

And then in the 60s, of course, what I was going to say was the creation of these drugs like LSD. Right. Timothy O'Leary and people like that, they had created that.

And that was, of course, the CIA who is funding it all. But of course, who controls the CIA? Why? It's the Jews, of course. And I'm pretty sure they actually created that organization in the first place based upon some sort of offshoot of the.

I can't remember the details, the historical details, but it's something to do with like an offshoot of a preexistent organization during the Second World War they had created or something. But in any case, obviously, they're behind all these changes, this cultural change for the purpose of wreaking havoc, destroying and degenerating the white population to bring about their plans, as in the protocols of the elders of Zion, because they say, you know, in the protocols, we will destroy the vile poison of liberalism. But they created liberalism in the first place.

So that's dialectically their intention. Create the chaos, then impose your order afterwards, then claim that you're the hero coming to save people and, you know, playing the role of this sort of shepherd king, whatever you wish to call it, pastoral shepherd king. Yeah, it sort of reminds me of how in some of these shows they would have a theme where someone would pretend to, I don't know, be this big, bad, scary bully or whatever.

And they would pretend to be beating someone up and it's like, oh, someone help me. And then out of nowhere, they sort of have a fake fight and they pretend and they have



the victim win, you know, when it was really all fake. Similar kind of thing to that.

Yeah, it's basically theater of the real, just amazing that so many people are so stupid that they believe it. And of course, more and more are waking up and more people at higher levels of intelligence and power are becoming aware that, you know, serving the Jew doesn't pay. It's just like crime doesn't pay the notion that, you know, the Jews always put forth in their media, especially during that prohibition era.

Crime doesn't pay. The law is the law. And yet now people are coming to realize that what is called the law is basically largely statute law made up by Jews and that it doesn't have anything to do with any sort of historical law, like the common law or the law of the land.

It's basically international maritime law and it's the laws of the Talmud and Noahide laws. And that this siding with the system that the Jews control is a recipe for disaster because it doesn't really matter how much money you have now. You're not necessarily going to have anything once, you know, they bring about a world war or whatever.

It's basically an existential threat. So more and more people are waking up to that, which is a good thing. And I think also with respect to health in a real sense, people are more and more aware of that.

Whereas even just a decade, a couple of decades ago, people were still very much in the dark age. You know, they were consuming margarine in the 80s and so forth instead of butter because the Jewish propagandists said that, you know, cholesterol causes heart disease and clogs your arteries and so forth. And then they substitute polyunsaturated fatty acids in the form of margarine, you know, plastic fats, completely unhealthy heart disease causing garbage.

Well, you know, what that reminds me of is obviously with something that I kind of view as a PSYOP in itself is this idea of accelerationism and basically making things even more and more chaotic that ironically, as chaos increases, you know, the sharp part of the sword is that basically the awareness can also increase. But at the same time, it's still on a very small scale, you know, even now in this pretty backwards dark age that we're in right now, we still have very incremental numbers. You know, there might be more people knowing what's going on, but it's very, very little.

The numbers might be rising very slowly and certainly not enough to start some big boogaloo revolution, as they say. And that's just another PSYOP, that accelerationism to try to push to associate white people with terrorism so they can justify the police state intervening and, you know, justify more draconian censorship laws and so forth. But I think we should more try to stick with the health theme.

Of course, it's all relevant. Well, that's what I'm saying is that, you know, what I'm

making comparison is that, you know, as health has gotten worse, that has made people more health conscious. You know, when you look around them and there's basically, you know, sort of if you look at how, you know, people from Europe would view people from America, they would just see them as a fat McDonald's eating football watchers.

You know what I mean? Chugging their beer all day. Yeah, that's unfortunately how Americans are basically stereotyped in the media because the Jews, just like they did with England and with Germany before and the Roman Empire before that, they're setting them up for the slaughter right now. That's what Benjamin Netanyahu said.

He said, we will turn, you know, America into a giant welfare state and so forth. That's what we do to people, to nations, countries we hate. You know, we tear them apart by slow degrees.

So, yeah. And what's interesting is that the people are duped, you know, to believe that, oh, it's just Donald Trump. You know, he's the big evil, right? It's sort of like with the GOP, with Obongo, you know, it's the same kind of thing.

And they just think that, oh, as soon as this person gets removed from power, you know, everything is going to be better. And interestingly enough, I would be willing to bet that these people virtue signaling and putting signs outside their windows are certainly going to be disappointed when things don't go their way. And also, yeah, and also with like, you know, in the Jonathan Bowden's enactment of Punch and Judy, there's a part of that where it's, he's like, out of the window, out, out, out.

You know, and he's like, you know, laughing as the, basically, you know, he's gone, the enemy is gone or whatever. It's the same kind of thing where. Yeah.

It's very obvious at this time that it's just a fake dialectic for the purpose. They just create, they just use them as a scapegoat so that they could blame all their problems on one thing rather than fixing them themselves. It's amazing that people are so basically obtuse that they can't see such an obvious thing that an entire nation of hundreds of millions of people is not represented by one single person when that nation is very, very diverse in terms of culture and, you know, racial, biological demographics.

It can't possibly be embodied in one single figure like this guy who is represented falsely as white when he's actually a Jew, Donald Trump. He suddenly represents all the white people did that. Them white folk done it.

Just like Barack Obama, who's not a, who's a Jew by Halakhic law and is not black. You know, suddenly he represents all black people. And yet the race relations only worsened under his regime, which is why the Jews put him in there.

So you see how it is obvious, you know, first Barack Obama is in there for two terms. Then they put Donald Trump in for two terms. And so it's just a dialectic black and white,

you know, polarity.

It's like a chess board with black and white checkerboard. That's basically all it is with these Jewish black magicians and their Freemasonic puppets. It's just a little dialectic that they use to, you know, rip apart people's lives and nations.

Divide and conquer. And most people are too stupid to really recognize it, unfortunately. Yeah, because they've been programmed to associate ideas of that sort with crazy conspiracy theorists.

Yeah, that's why they push people like Alex Jones forward or whatever and just say, oh, what are you, Alex Jones? Or what are you, tinfoil hat or whatever for, you know. They just try to use this, you know, mockery as a form of discreditation of the other. That way they can get people to mimic their behavior because the whole ideology of the Jews, the whole modus operandi is behavioral modeling, where they all act in concert in a certain way.

And then because they have money and status, they get a bunch of dumbasses to go along with them, thinking that that's, you know, the popular opinion amongst the clever intelligentsia. So they imitate the, you know, the behavior of the Jewish establishment. And of course, they did that in the 60s.

They got more power there. And so they managed to get a stranglehold on the media gradualistically over time. And then when they became sort of a hegemonic influence in society, then they started dictating the policies.

And now all the goyim are basically behaving like Jews. And so even from a health standpoint, from a purely physical health standpoint, they, the goyim, focused their minds exclusively almost on pure physical health, but not any sort of spiritual or mental health. You know, they're not concerned with integration in a more powerful and positive fashion.

They're just concerned with, you know, we've got to eat all these types of foods and, you know, pump away with the weights and so forth, and that's good enough. But obviously, health entails, you know, more holistic modalities of health, like an integration of all the facets of your being as a biological organism, mind, body, and soul. And obviously, the Jews take that notion and they put it forth so they can get people hooked into their universalist Abrahamic religions, you know, praise Yahweh or praise Mother Gaia, the pantheistic ideologies, so they can hook you into that, thinking that or portraying that as if that were spirituality, when all that is is basically a lot of pseudo-spirituality and a spiritual syphilis that leads to your becoming more or less extinct through an erosion of your soul, through its weakening, through not strengthening it, through the appropriate exercises and practices to create a stronger self.

Yeah, they basically program you to just be a slave to what they want you to follow, and then all of a sudden you're basically walking into a grave is what you're doing. Yeah, and of course, throughout the course of your life, if we could imagine it as like a linear progression or regression, they're hitting you at every point. As soon as you're born, you're born into a maternity ward, unhealthy conditions creates trauma, you're vaccinated, shot up with formaldehyde, chicken cancer viruses, monkey cancer viruses, mercury, thimerosal, whatever other poisons, and then from that point, you are given so-called baby food, which is basically low-nutrient dense vegetables, when what babies should be eating are like egg yolk and stuff like that, which is very high nutrient dense and can easily be assimilated.

So right there, they basically destroy your development as a child so that you can be harmed and reduced to the level of a defective creature. And that's done deliberately because all the Jews, if you look at them, if you look at their faces, their skulls and faces, even in spite of the fact that they're Jews and they're degenerated, they are still comparatively more well-formed. And the reason why that is is because they give their own kind very high amounts of nutrient dense food, appropriate amino acids, appropriate assimilable amino acids from animal protein like egg yolk and maybe raw meat, raw liver and so forth, which has a lot of fat-soluble vitamins like vitamin A, retinol, and that causes the increase of bone growth, vitamin D, sunshine, and vitamin D from like sardines and so forth, that enables the bones to grow so your skull and face become much more developed.

And so when I was a child, just to give a simple autobiographical example, what they do, they forced my demographic that I was in school with to basically have fluoride tablets in our mouths and we had to swish the fluoride around in our mouths and then swallow it. That's what they did. And then of course, they vaccinated you and so forth.

And it reminds me of, you know, there was a point in my life where when I was about eight years old and they would do these things where they would have inoculations or whatever it was. And I recall around the time that I took these shots, if you want to call them that, vaccines, my behavior changed and I became very irrationally angry for that age. While, you know, if you're eight years old, you should be more sort of happy-go-lucky, you know, not really angry or not really worried about anything.

But at that age, I was sort of isolated and angry. And I never really understood why until later, I saw that around that same time period, you know, that stuff happened. And I think that it altered my, well, not only my state of consciousness, but just my overall perception of the world.

I just had a very overly negative, huh? Your neural development, probably your brain development. Yeah. And that's, that's almost certainly what they did to me as well.

And pretty much everybody, ever since they started introducing these evil vaccine

poisons under the cover of, you know. And you know, what's interesting about that is that when I was in high school, there were these, I was in this sort of theater class and I was sort of like the black sheep because I wasn't a, I wasn't a fag or a pothead. So I was sort of always alone when I would do my, my acts and things of that sort.

And there would always be like these, you know, Jewish kids in the class who'd always say like, oh, if you're anti-vax, I'm not going to talk to you, you know? And they'd always talk about it out of nowhere. Like, oh, anti-vax people are crazy. Oh.

And they would also write like in the scripts that they would write, they would sort of have little jokes, like mocking people like that. Yeah. That's all part of behavioral modeling.

That's what Jews always do. And I'm sure they're taught that from the beginning of their lives through their Shulchan Aruch or Arush, however you pronounce it, their little condensed Talmud that their parents subject them to from birth. They basically are raised to commit evil against those who are not Jewish and to use them and manipulate them for their own personal benefit.

And I'm sure this is basically a biological trait, not just, you know, mere culture because culture is an epiphenomenon of biology. It is not just something that comes out of nowhere. So obviously that is a Jewish trait, this sort of malevolent hostility toward the other, this tribalistic fanaticism of, you know, in-group hyper-preference and out-group hyper-antagonism, if you will, that they have.

And the whole of this, of their systems, banking, so-called medical, whatever, legal, it's all designed for the purpose of harming people. And these systems have only been in place, I don't know when they would have been said to have started, maybe with the Catholic church that they created in ancient Rome when they took over there. Of course, you could trace it back to the Near East when they had their so-called societies there that they probably took over from the whites which preceded them, such as Phoenicia and Babylon.

And I think also Etruria they took over, which was near Rome, and Carthage, and that whole region in the Middle East. They basically create these oriental despotisms and, you know, mind-control the population to be slaves at the lowest levels while they, the priestly caste, the priest-shepherd kings lord it over everybody else. Now they call them the priests of the order of Melchizedek in Freemasonry.

And, you know, this is the sons of a covenant, B'nai B'rith, Jewish Freemasonry, that lords it over the slave population. That's their model of governance, quote-unquote. Yeah, when I was in university, I sort of felt some dark forces when I was there.

Like, I recall there was one of those buildings nearby, one or two, a couple of classes I

took, there was one of those buildings nearby, those B'nai B'rith buildings, and it was sort of like a stone building. And I've walked by it every day, and I just... Those turn-of-the-century ones? Yeah, and I just felt like some kind of dark force from it. And then there were also a couple that were in some of my classes and, you know, on my hall at the time.

They had those bracelets, those Kabbalah bracelets. Those red ones with the red thread? I think it was actually black. I think they actually had black ones.

Those are like, what are they called? They have a specific phylacteries or something, like they're black straps that they wrap around their hands or something. Something like that, yeah. And they had a military, these people who wore them, they had kind of a military background.

So I just, I felt when I was there... They're probably Mossad agents or something like that. Yeah, I don't know. But when I was there, I just felt like, you know, just some kind of... And I was aware of things at the time, too.

So it was like, I just felt that something very wrong about it. Like, I felt like I shouldn't have been there. And then when sometimes these people would come up to me and kind of crack a few jokes in there or whatever.

But they sounded kind of condescending. Go on, what? Were they maybe like contrived to condition your personality to, you know, be maybe insecure, to make you feel like you're being persecuted, sort of like they're sort of nasty type jokes? Little, little bit. And also, you know, I was just kind of one of the only ones that was there.

You know, I was pretty isolated. I didn't really talk to many people because those who I would talk to, you know, were just like empty vessels. They would just talk about partying and whatever it was they were doing.

And that was why I was pretty much alone much of the time. And I would just spend hours like wandering around in the library or something was how I was with me. Yeah.

When I was in university, it was the same thing, you know, I coming from the countryside where there was only white people and some redskins. And I went to the city and I was like, you know, a lot of these people are very nasty people. You know, they had a sort of a sort of nasty malevolence about them, this schadenfreude, a desire to get off on harming other people.

Of course, the university I went to was affiliated with a Jewish high school and was basically a Jewish university. Yeah. So there you get that that mentality, that behavior of the Jews are nasty, egocentric, control freak, paranoia, whatever you want to call that, their typical mentality, skin flints, people who manipulate people, exploit others and so forth.

And the other thing when I was there was they this goes into this topic is that the food that I would surround that was around was basically just crap. Like I remember at one point, I was basically eating McDonald's for like an entire month. I mean, it was horrible.

I mean, I and when I would eat this stuff, I sort of felt like whenever I would eat that sort of food, it would make me feel depressed for some reason. Yeah, well, obviously, they put all sorts of excitotoxins in there. So that basically creates a serotonin and stuff like that.

Well, no excitotoxins, which are like MSG and so forth. And that creates addiction. It creates sort of like dopamine spikes, I think, when you consume it.

And then that that elevates your dopamine levels, and then the dopamine levels reduce, especially since it's very high glycemic. And there's a lot of sodium. So it increases the blood pressure, it increases your glycemic, you know, the blood sugar, and then you get a blood sugar rush, and then you get a blood sugar drop very shortly thereafter, because you're high glycemic.

So that that caused you to basically, you know, become very tired and lethargic shortly thereafter. Still there? Yeah, I just had to. The hell just had to unplug something.

Okay, I want to unplug my phone, just in case, you know, who knows what will happen here. I would otherwise do so out of courtesy to you, but you can never really be sure. But we won't talk about that.

But yeah, obviously, when you were referring to that benign breath thing, I've been in places in cities, where they have Masonic lodges, and you get this extremely creepy, dark vibrations around those places. As if people, you know, the ghosts of people who had been basically murdered, or whatever, torture murdered, you can definitely sense that. I know there's one Masonic lodge where I had been living, which is like one of these older ones from the turn of the century of the last century.

And the place had been, you know, attempted to be rented out by various businesses. And every single one of the businesses that had been in there, ended up failing and not being able to continue. Because there are ghosts in that building that would basically interrupt the business.

Yeah, that's an interesting thing, too, is that, you know, there would be like fraternities and sororities or whatever, that were basically, I sense that they were probably Freemasonic, because I saw some people, you know, speaking to a few people, and they had like, they would show rings to enter buildings and things of that sort. So I thought that was pretty odd. Right, especially if you're in a hotbed area, not to say that I'll disclose.

I don't know if I know where you are or not, I'm not too sure, but I won't say or speculate.

But when you're in a hotbed area where there's lots of Freemasons, you know, there's a lot of these sort of occult, one of their power centers, in other words, then you're definitely going to see a lot of these sorts of unusual aberrant phenomena, things that for them are probably the norm, because they live in a parallel society, you know, they just, they rule everything from behind the scenes. And they, for the most part, do not abide by the laws that they impose on others.

These are just the Noahide laws, the laws for the Goyim, whereas their laws are the laws of the Talmud, and the Old Testament, and they don't care in the least about... Yeah, I personally think that I would have had a better time if I weren't aware of all this stuff. Like, if I were just a dumb Goy, I think I would have had a better time there. Well, I'm not too sure about that, because my own personal experiences in university, I didn't really know anything at all about these things for a fair amount of time, I think maybe until the age of about 20.

But even then, I didn't really know very much about it until maybe like three years later. I knew a little bit here and there, but it never struck me as being that serious, mainly because being a product of my environment, you know, I grew up in a place which is predominantly white, and even the city I was living in was still predominantly white up until that time, you know, until like later. So even then, it wasn't the most wonderful time, because you, you know, you get a lot of nastiness in those environments from people and so forth.

And, you know, the standard, even though it was quite a while ago that I went to university, even at that time, people were still very liberal. It was more like somewhat more classical liberal, not really so much neoliberal Marxist. But there are still, you know, elements of that in there also.

But it just wasn't as detectable. But even then, what I'm saying is, I think that, you know, the more aware you are of it all, the more it just sort of ruins it for you in a way. It's sort of like when you go to movies.

You know, when I before I was really aware of all this stuff, I would just go to a movie and you just sort of consume it and leave. Meanwhile, when you are aware of this stuff, and you watch it, you sort of when you're done watching it, you sort of feel a sense of disgust for what you watched. That's actually a good thing, because now you're not, you know, being subject to the illusions that they invent.

So that's actually sort of like a liberating thing to be, to have unconcealed the concealedness of these black magician, Judeo-Mason hidden hand who controls society. When you unconceal that, when you come to an understanding of reality, then it's a very liberating thing, because now you know. I think to put it in simple terms, it is better to live, you know, the hard truth than a comfortable lie, basically.



And, you know, the mask of that would be, oh, it's, you're going to go there, you're going to make lots of money, you're going to, you know, basically be set for life, right? And then the face is that you're basically just going there to be what, you know, Revelo P. Oliver would call it's just being a diploma mill, where you just go there, get programmed, and leave. Right, exactly. That's basically what Ben Klassen in *The White Man's Bible* mocked as a so-called intellectual sophisticate, that all these university punks, you know, they look at the world through the lens of hierarchy.

They have basically what has been called a reptilian consciousness, that everything is hierarchical, everything is hyper-rational, combined with a sort of chthonic, hedonistic, maximizing pleasures, minimizing pain. That's sort of like the consciousness of the Jew. They've got a hyper-rational, quantitative, abstract understanding of reality, combined with a sort of reptilian-brained, lower-er state of consciousness, you know, consciousness that derives sort of from the depths or the corrosive waters, as Julius Evola would call it, the lower states of consciousness.

And that's sort of why I think they're trying to get us all into this so-called alternative health, new age practices of yoga and so forth, because what that does is work up all these regions of the anatomy that are correlated with those sorts of states of consciousness, so that they can basically condition you to be potentially possessed by whatever sort of infernal entities that they're bound up with, these chthonic entities who exist in the lower fourth dimension or whatever, the astral realms or whatever you call it. And their intention, the Jews, probably, is to serve as a vehicle for the possession of the goyim by these entities through these various so-called health practices of, you know, Abrahamic religion, new age religion, yoga, veganism especially, seems to definitely open you up to these entities because it makes your consciousness very weakened, it makes you very susceptible of, I would say, possession. I remember at one point when I was following a vegan diet and fasting, you know, I had this sort of weird sensation like there's all these sort of black shapes that were flitting around about my vision, and I think that these are sort of what Carlos Castaneda refers to as mud shadows and John Lash refers to as archons in his work, astral parasites, and these are what the Jews are bound up with, probably, is these sort of, I think it was also in the Mothman prophecies, this was discussed, these shadowy figures, and I'm sure this is what the Jews would call their Qabbalistic angels, basically, that feed off the energy of others, of those who are too weak in their constitution, mind, body, and soul, to be able to repel them.

That's why they want you on a vegan diet, because it weakens you, and they want you weak. The reason it appeals to the average person is because they feel like they are conditioned to feel that they are doing the right thing, you know, the good thing, and, you know, it's sort of, you see a tendency to virtue signal and, you know, especially with the rise of social media, they like to post, you know, especially these new age, hippy-dippy, yuppie types, oftentimes with a lot of money, who would take pictures of themselves, like, posing or doing yoga poses or whatever, or posting themselves with,

oh, I'm, you know, I am on this vegan diet, and so on. Yeah, the vegan gurus.

There's one guy called Spheria on YouTube, S-V-3-R-I-G-E, who is in Germany, and he's got, like, an anti-vegan channel that interviews ex-vegans on there, and there's so many interviews he did, hundreds of interviews with people who are ex-vegans and who tell their stories about how veganism destroyed them, because what veganism does, too, and this probably enables these entities to basically possess people, is it demyelinates the axons of your neurons. The axons are like the connectors, you know, the threads that connect neurons together in the brain, and myelin is like a sort of fatty sheath that wraps around those axons and enables nerve transmissions, the electrical impulses to be transmitted between neurons for communication in your neural networks, and what happens when you don't have cholesterol in your diet from animal products is that those myelin sheaths basically become destroyed over time, and then they're basically consumed by the body because you don't have cholesterol coming in to repair them, just like your muscles, you know, it causes atrophy. So, when that happens and it causes brain damage, because you cannot transmit electricity through those axonal connections in the appropriate way, and that's why they try to target, you know, babies when they're young by preventing the parents from consuming cholesterol and so forth, you know, when they should be feeding their babies not only mother's milk for like the first year or two or whatever, but after that egg yolk and ground raw meat and things of that sort, you know, high vitamin butter oil, very things of that sort, which enables the neural development of your brain and the bones and so forth and the whole of the tissues and so on.

And this was discussed in, I think he was a Jew, but his book is still valuable enough, Weston A. Price, Nutrition and Physical Degeneration. He wrote a book around the turn of the last century about that, about how refined foods and so forth cause tooth decay and the malformation of bones and so forth. And the solution to that is basically having a diet high in fat-soluble vitamins and the appropriate amount of essential amino acids.

So, that is one of the things that has destroyed populations throughout the world, and I'm sure the Jews and all their Christian slaves were behind that, is deliberately giving all these non-whites in different regions of the earth, you know, the worst quality food so that they can basically destroy their health, which is pretty sick. If you think about it, I mean, from the perspective of, you know, a sympathetic person to other sentient beings to deliberately destroy the health of others in a sort of insidious way in that manner. Do you want to discuss salubrious living and, you know, raw, unprocessed foods and the effect that that has? Yeah, we can do that.

I would say that it can be a cleansing diet or a cleansing fast. I wouldn't call a vegan diet or a raw vegan diet at all a diet, because it is a fast, which is defined as a deprivation of essential nutrients, of essential nourishment, an abstinence from it, because that's what it is, because you need animal protein in the appropriate amounts of the appropriate

quality in order to maintain optimal health. You can only live on a vegan diet probably for a couple of years before you experience massive degeneration, physical degeneration, through catapolization of the body's tissues, through just living basic metabolic actions and reactions will just utilize all the nutrients of your body.

What's interesting about that is when I was in high school, I knew this, there was this Jewish kid, he was very pale and kind of frail looking, but yeah, he was, you'd always talk about how he was a vegan and things of that sort. I think what the Jews do, although maybe quite a few of them fall for their own propaganda, which may very well be true, at the same time I think that there are some of them who actually put forth their children, if you can call them children. Ritual sacrifice.

Yeah, basically as that, so that they can sell these concepts and ideas, because you have a lot of these Jewish children, quote-unquote, who are deliberately made into transsexuals or given sex change operations or, you know, whatever Yeah, that reminds me of another individual in high school named Dana, who later went on to call herself Dan, and all she would really do is just, basically before all that stuff became trendy or whatever, she would just be, you know, just kind of, she would just wear jeans and, you know, dress like a guy or whatever. But then later on, she sort of became one of those stereotypical types. And also her last name was Levinthal.

See, that's the thing. I'm sure later on, you put all these pieces together and you're like, oh, so that's who was pushing this stuff. Yeah, I'm sure the Jews deliberately do that with their own children.

There's that case of Vicki Paulin, P-O-L-L-I-N, from the Oprah Winfrey show in 1989, where she discusses the ritual murder or sacrifice of Jewish families, and that it's actually quite a common occurrence. You know, and that was, of course, banned from Oprah. People can check that out on the net.

And the Jews basically take their children as like experimental guinea pigs, because I remember one time this one girlfriend that I had, her mother was a psychiatric nurse, and she turned out to be Jewish. And I didn't know that at the time. And she said that her mother experimented on her with psychiatric drugs.

And, you know, she was like a coke addict when she was a teenager and so forth. And so this is what they do to their own biological offspring. And I'm sure it's because Jews are basically like a vehicle of these sort of entities that control them from above, and that they're not entirely fully conscious or fully in control themselves, but are actually controlled by these archons or whatever through their having a certain type of DNA, like the DNST3 gene, sort of Mediterranean Negro gene that enables possession.

And of course, being a hybridized entity, being a so-called race-mixed mongrel, that enables the entities to attach to them because they're a sort of chaos. You know, they

don't have any integrated soul, but are just like a sort of chaotic play of forces that has all sorts of fragmented elements that are juxtaposed one with the other and that cannot repel external influences to the extent that those who are pure can't. And that's probably one of the reasons why those entities from above through the Jews as their vehicle, want everybody to be mongrelized so that they could have them possessed by these archons on the earth.

And they want to... And also it makes them lose any sense of, you know, identity and ability to organize based on, you know, it really goes back to the destruction of community. You know, there's a book called *Bowling Alone* that you might be familiar with by Robert Putnam. And it sort of mentions that, you know, as diversity, if you want to call it that, has become more of an occurrence, that has made less of...that's just made people more isolated because, you know, whatever group you are, you know, you especially see this with blacks where, you know, by nature, whatever group you are, you're very tribal and you gravitates towards people who are like you.

And so it's becoming harder of an occurrence for people to...less an occurrence, I mean, to find people that are like them because they're basically told not to follow, you know, the natural law of things because it saw, you know, whatever bullshit trigger word they want to come up with. Yeah. And of course, that's the exact antithesis of salubrious living because salubrious living is a sound mind in a sound body in a sound society in a sound environment.

And if you don't have a sound society, you can't have a sound environment or a sound mind or body. A sound society is homogeneous ethnically or as homogeneous as possible and being consistent with health, which means that all those in that community have the same biological nature, mind, body, and soul, so that there is sympathetic resonance there, that people are on the same wavelength, whereas introducing elements into that society which are other to that, which are not sympathetic in their resonance, creates basically social chaos based upon the spiritual chaos and higher dimensions which manifests in the concrete physical realm. So all it does is just bring about chaos for the most part.

That and also, you know, going back to what we were talking about before we started recording here, you know, with the elements of racial education, you know, he mentions in there that as the rise of, you know, the idea of the individual, right, as that, you know, has become more prominent, the idea of a race basically dies out. You know, it becomes something that people don't even, you know, to an extent, they just don't even really think about it anymore. You know, ironically, the only group that's really that way is us.

Every other group basically is tribal. That's why you have these groups like, you know, Black Student Union or, you know, NAACP or whatever, and obviously, you know, so forth and so on with other groups, you know. The reason is, I speculate, is because white

people have a higher consciousness and they're willing to understand or have empathy for the other, that which is other to themselves, whereas those who are not white have a lower consciousness and aren't capable of having empathy for anything other than their personal ego and self.

And that reminds me that what you're referring to, the work, is the elements of racial education by Julius F. And that reminds me of Richard Kudenhove von Kalergi's The Kalergi Plan, this race-mixed, mongrelized, half-Japanese Jew, half-Hungarian Jew, Freemason, who wrote the book Practical Idealism in 1923. What he wrote, we will replace the nation of peoples with a nation of individuals. So that's what they want.

That's their formula for mongrelization. And what's interesting is you can sort of tell that they are mongrelized, whether it's, you can sort of see the eyes are sort of more kind of squinty looking, and then the lips are kind of bigger. Well, it depends on who they're mongrelized with, of course.

Yeah. The hybridization between two types is basically a recipe for chaos, genetic chaos. There are definitely different phenotypes.

You have the goblin look, which is more like Larry King. And then you have the ogre look, which is more like Jeffrey Epstein. And then you have the vulture, which is like Chuck Schumer.

Yeah, they're all Jews, basically. But mongrels in general, they're inharmonious. The more distinct the groups that are mixed together, the more contrary they are in terms of their soul, the races of the soul, Julius Evola would call it, and the races of the body.

The more distinct they are, the more chaotic they are in their offspring, and the more diseases those offspring have, because all mongrels, all bastards are notorious for not only sterility in the subsequent generations, which is degenerative and dysgenic, but they're also fraught with countless diseases that create inharmony in them in such a way that it basically leads to their becoming more or less a criminal, like a born criminal, which is why all of these leaders of communist revolutions and so forth, they've always been the mongrel type. Mao Zedong, Castro, Che Guevara, Lenin, Trotsky, every one of them was a mongrel, a Jew also, and a Freemason also, at the highest levels. And then it all goes together, basically, like Richard Kudenhove von Kalergi is basically the poster boy of that sort of mongrel, when the mongrel gets in power, what he does is to try to create some sort of ludicrous ideal, practical idealism to manifest his insane ideas into reality, and then it just creates even more chaos and even more inharmony.

Whereas when you have a more racially pure type, such as the National Socialists, then their model of governance, of government, is much more harmonious than that which is Freemasonic, liberal, democratic, communist, egalitarian, call it what you will. The race-mixing ideology, whether it's Christian or communist, doesn't really matter. It's still

chaos, a formula for chaos.

And that's sort of the basis of ill health, is combining that which is not combinable. Yeah, it's sort of the inversion of what things naturally should be. It's sort of like you have a current of water, and then you're sort of finding a way to push the currents back, you know what I mean? And that's basically what they're doing, is they're sort of finding a way to drag down potential of what things should be.

Sort of like you'd sort of look like at these Disney cartoons from the 1950s and 1960s, where this is the year, I don't know, 2000 or whatever, and it's cutting-edge technology and buying cars and so forth and so on. And then basically, because of what's happened in the latter 20th century, that sort of upward trend has really went the other direction and just become down and dysgenic, instead of becoming a higher form, evolving, becoming more technologically advanced. And that's because of the collective consciousness of, really, the world has just been so debased.

And that's why if you look at these stories about the final battalion and things like that, you know, Miguel Serrano's work, he would mention that the technology of the Third Reich was sort of 100 years ahead of time. And that really tells you about what's been contributed to society in the last 50 years, and how it's just been a dysgenic, downward ocean of mud, basically. Right.

Well, obviously, it'll hit a low point from there. Mass chaos will occur one way or the other. There's no way that the system will be able to maintain itself after a certain point.

And from there, it'll just be an upward spiral. Either that, or it'll be total collapse. As Hitler said in Mein Kampf, you know, without the Aryan, the world will just spiral through the cosmos for millions of years, and then eventually new life will form and so forth.

So really, it doesn't matter one way or the other. So all we can do is our best. And that entails, you know, salubrious living in a proper sense.

And I wouldn't say that that is Ben Klassen's book, Salubrious Living, which is basically a fast diet with raw fruits and vegetables and so forth. But it entails a lot of those elements, you know, a sound mind, a sound body, a sound society, and a sound environment. You've got to have sunshine, you've got to have fresh air.

At this time, you can't do that because the Jews have prevented you from it. They put chem trails all over the sky. You're breathing chem trails, you're breathing pollution, car exhaust.

There's electromagnetic fields pervading the atmosphere from cell towers. And that's distorting people's consciousness. It's ruining their mind, their body, and their soul, which is the intention of the Jews.

And, you know, you can't have a healthy body under those conditions. You know, it's like what Ben Klassen said, I wouldn't call it brainwashing. I would call it brain polluting.

Yeah. And the brains of the goyim, of the non-Jews, are basically polluted in every possible way you can imagine. Not only through the dysgenics physically, but spiritually, psychically, through the thought forms that are created by Jews, like their messianic thought forms, that all you have to do is just wait around for the Messiah and so forth.

Just wait, you know, hope and pray and so forth. Or else you're just, you know, buying into this thought form of oneness, the one, which is just abstract nothingness, which leads to self-destruction and various other destructive thought forms that they engineer. White people are evil, slavers, colonialists, racists, neo-Nazis, white supremacists, blah, blah, blah.

And those who aren't white are victims or struggling heroes or, you know, superior. They're really powerful. You know, they can jump, bounce a basketball and, you know, throw a pigskin around on a bunch of astro turf.

Both games of which were invented by white people, of course, but they don't mention that aspect, of course. So these are the thought— No, I mean, we've pretty much, we pretty much invented, like, you know, if you just look around you, we pretty much invented pretty much everything that's useful to society. I mean, it's— And even if you look at architecture, you know, you just look at, you know, opera houses, museums, you know, even cathedrals, you know, it's just, you know, all this kind of more advanced architecture and higher forms of thinking, they, you know, you could look at this in a hyperbolic sense, but it also probably would be true is that if we were to go away, the world would go with it.

The world would simply just fall and collapse and just, you know, deprecate into nothing. Well, degenerate would be the word. Without— Imagine as a thought experiment the total effacement from the earth of white people immediately through disintegration or whatever, dying of bioweapons, then immediately within, you know, moments, there'll be nothing but war all over the earth and pollution all over the earth and inevitable starvation, disease, and death for more or less all the remaining groups, except, I think Hitler might have said in Mein Kampf also, except maybe a couple tribes in the Amazon or something like that, who will just be, like, shooting each other with frog poison darts or something like that.

And that basically will be where society will end up in total chaos. And I think a lot of the non-whites understand that, and they were not opposed to us. You know, many of the non-whites sided with Hitler.

He had Negroes in his army, both in Africa and, you know, in various other regions where they were. He had Indians in his army, Arabs, Japanese, Tibetans. So obviously, and of

course, South America, to some extent, there's much of a German presence there in Argentina and Chile, as Miguel Serrano speaks about in some of his works.

Obviously, not all non-whites are against white people, just most of them now, especially younger generations, have been mind-controlled to look upon whites as some sort of demonic force because of the propaganda that the Jews control through the implantation in their consciousness of these thought forms, these egregores of white villainy, white devilry, which are just mythical constructs that are narratives constructed and engineered by Jewish mind manipulators in the media. And that's one of the ways that they have of creating, you know, the racial tensions and the conditions of ill health. Of course, there can never be any real multi-cult society that would actually function.

So separation is the only solution, and that would be basically apartheid, like they had in Africa during the colonialism of Africa, and the people there had a much better life. They voluntarily worked, nobody put them into slavery. You know, they wanted to derive the benefits and profits from white people, and white people wanted to live in safety.

So they had to, you know, make sure they didn't hang around in their areas at night or go into their areas. And that's, you know, perfectly reasonable. That's in a way harmonious.

Although even then it's potentially dangerous. So the best policy is, you know, total separation. Right.

But at the same time, we also are at a, you know, we really are at a point where we can't really have some sort of petty squabbling over geography. You know, if let's say there are some whites in South America or in, you know, North Africa, you know, the few of them that are still there. It's basically we do sort of need, I don't think it's ever really been tried before.

I mean, you did have the Waffen-SS, but like, you know, Pan-Aryanism hasn't really been tried for the most part. Yeah, Ben Klassen, he said, you know, Raha, this planet is all ours. And some one of his disciples, if we could call him that, wrote a book called White Empire, which is basically about the total conquest of the earth by white people.

But, you know, I would settle for, I would settle for a harmonious, you know, agreement with non-whites. You know, they can return to their ancestral territory. All they have to do is just side with white people.

And then, you know, there can be harmonious relations. Sort of like with what Marcus Garvey was trying to do. Yeah.

Before he got deported from America by the Jews. Yeah, they set him up by planting a bottle of alcohol on his ship. And then that basically ruined the whole operation.



Was that during Prohibition? Yeah. Yeah. So again, he planted alcohol on his ship.

And then, you know, right as he was about to leave, they basically arrested him and stopped the whole thing because of that. Right. And then, of course, we had the gullible white gentile police and military, you know, carrying out the orders.

Right. That's always the way it is because they're, you know, a gullible race of people we are. And we're easily manipulated by the cunning Jew to, you know.

That's unfortunate thing. We really are naive. You know, it's sort of like you could see that with like the cartoon Tom and Jerry.

It's sort of like they are Jerry and we are Tom. And, you know, Jerry keeps running through the holes and, you know, escaping every single time while, you know, we're just sort of getting screwed over. Or another case like in the cartoon Peanuts, where Lucy holds the football and then Charlie Brown runs after the football and moves the football out of the way every single time.

Then he trips and falls every time. That's sort of what's been going on throughout history. Yeah.

Well, Jews always portray themselves as innocent mice in the book, propaganda book, Maus, that Holocaust propaganda book that people had to read as children in school. I'm not too sure if you read that, but I had to. What was that? M-A-U-S, Maus, this propaganda book where the Jews portray themselves as mice and they portray the National Socialists as cats and so forth.

Oh, isn't that like Of Mice and Men or whatever? Some Jew called Art Spiegelman who wrote this or did this cartoon book where the Jews are portrayed as mice and white people are portrayed as vicious cats and so forth. And they did that with Fievel Goes West and, you know, the American tale, that cartoon with the mice. Well, that reminds me of when I had to read that book Nights by Olly Weasel, which was admitted to be fiction.

But of course, they would still make you read that in school just to further the course of brainwashing. Based mind control. And they do that, you know, obviously, as everybody listening to this would probably know, you know, that's the whole sign up of the Jews is just trauma-based mind control, creating all sorts of problems and chaos out of nothingness, claiming white people are the cause of this, setting them up, demoralizing them, making them think that they're bad or wrong or something about them is defective.

And therefore, the white people are the problem. The Jews are the solution. They've got all sorts of rehabilitative you know, solutions to help you in the name of morals, in the name of morality, quote unquote, which is just their hegemony.

That's the whole. It's sort of like that's with public school, really. And unfortunately, you know, to those out there who have children, you know, you never know what kind of garbage they're trying to shove down their throats on a daily basis.

Yeah, not only not only ideological. It's sort of like it's sort of like, sorry, interrupt again. But, you know, this sort of goes in with the the television where parents would turn on their television and sort of leave their kids alone with the television and walk away.

Yeah, it's that same kind of thing where they don't know what they're leaving their kids with. And sorry, go on. As a teenager, basically, that's what I had as a substitute father as like Uncle Phil from the Bel Air.

He was my father. And Carl Winslow from Family Matters. Yeah, yeah.

Like when my when my dad would go away for work or whatever, you know, you'd be away for like basically all day when I was little and I would just sit there and watch the the idiot box basically. Yeah, I'm glad that I never had TV for so much during the formative years. So that's at least some.

Yeah. Thankfully, I grew out of it. And unfortunately, some never do.

You know, like my grand my father, who is in his you could say mid late 50s, where he is just watching TV all day. And it's often the same thing. It's often, you know, stuff that he watched as a kid, like Star Trek, just trying to live his life in fantasy land.

That's what so many people now are seeking to do to get away from the chaos of this world is to live in a world of illusions. And the Jews are ready as can be to provide them with those illusions in the most profitable way for the Jew and in his most harmful way of the as a Jew. So when you're in the school system, you know, you are basically within the charge of the state.

You're a tool. The children are basically slaves of the state. They're chattel.

They're going. And, you know, they've got cafeterias where they're feeding them frankenfood, genetically modified garbage, which causes cancer states and whatever other sorts of problems in terms of their development. And then they're forcing them to drink fluoride water, you know, all the public fountains.

And you can be sure that the Jews never do what everybody else does. They're just there to sort of monitor and influence and control the goyim for themselves. And I'm sure that they're instructed in doing so from the beginning of their lives by their parents as well.

That's their whole survival mechanism is parasitism. So they're trained in those techniques from the beginning of their lives, almost certainly. And if people look back over the course of their lives, knowing these sorts of things, then they can, you know,

recall to mind countless instances of what Jews have done to them.

And it all follows a pattern. It all is the same thing. You know, Jews pretend to be your friend, pose as a friend, work as a spy, you know, hug you and then stick a knife in your back.

And it's like that meme, you know, serves him right. He trusted a Jew. Right.

And the guy's got a knife in his back and the Jews like walking away after he's done with them. That's basically what Jews do to people. So for health, you know, you've got to have a holistic health, mind, body, soul.

They all work together holistically. You can't have one without the other. You can't have purely physical health.

If you're under massive stress and being subjected to endless chaos from without and don't live in a harmonious environment, like if you live, for example, in the downtown core with a bunch of crime going on all the time and lots of non-white types, that creates a very inharmonious environment because the collective consciousness of that environment is very corrupt, very deviant, because it's an inharmonious blend of different elements that are, you know, different resonances and creates inharmony. And, you know, you might eat the healthiest food on earth there, and that might be to the extent possible for that particular modality of health. That might be very beneficial, but it is in no way adequate because you will necessarily be in a state of comparative ill health, whereas if you're living in the country breathing 100% fresh air and getting adequate sunshine, and yet you have food that's comparatively garbagey, you know, who's going to be in better health in those comparative different circumstances? You know, I would say a person in the countryside will probably be in a state of better health eating bad food than a person in the city would be eating good food, depending on, you know, how chaotic the particular environment that they're living in.

So there's basically an interdependence of these different factors of health, mind, body, and soul, and for that reason, you know, you've got to try to achieve all of these factors to the extent within your means, the healthiest diet, healthiest environmental conditions, and healthiest state of mind. And the only way you can really achieve that is just to face the facts, all the chaos of this world, and not try to hide away from it, and then seek solutions to those problems. And ignorance is never any solution.

So my colleague, what do you have to respond to that? It looks like your volume is quite low now. I can't hear what you're saying. Yeah, I can't hear what you're saying.

It's a little bit too far too quiet now. Yeah, that's why it's better just to leave it as it is and not mute yourself. Well, in any case, I'll just continue a little bit with respect to what we're talking about.

The Jews have created a system of ill health, of H-E-L-L hyphen T-H, and this in the form of what even appears to be alternative health in today's society, which is like personal training, naturopathy. What do they really do in naturopathy? For the most part, they just sell very expensive pills and so-called all-natural foodstuffs. They don't really offer much in the way of actual therapeutic modalities in most cases.

It's just selling a bunch of very expensive herbal concoctions and so on, which obviously have some value. But at the same time, when the Jews have taken over naturopathy, they corrupted it from its original form, which was largely a result of German people who invented naturopathy. I guess you could say that that's the historical medicine or the historical health practice of the Aryan that was carried forward through the traditions in the form of natural hygiene and various other health practices of that sort, which is based upon simply sympathetic medicine, which is to say activating the body's systems as a means of healing itself.

So, forcing your body to sweat. Yeah, it's still too quiet. You're gonna have to really crank the volume up or something in order for it to be heard, because I can only hear very distant sounds.

Yeah, I cannot hear you at all. It's just like very, very super quiet. Yeah, I can't hear you at all.

It's just way too quiet. Okay, well, in that case, I'm just gonna speak a bit louder. It's sort of like with these bottled water, you know, overpriced things you would see.

Just turn your volume up there. Okay, you can just talk normally then. Okay, well, anyway, I was just going to mention how you have these overpriced bottled water companies, sort of like Evian, where if you unscramble the words, you know, or not even that, just the word backwards, it's naive.

So, you're basically naive because you're paying, you know, five dollars or whatever for a bottle of water. And oftentimes, they, you know, would slip in some sort of, well, they would say that it's, oh, it has electrolytes and things like that. But really, it's just a marketing tool because, you know, let's say you buy something because, oh, it has a silver wrapper, you know, so I'm going to go buy that because it looks good.

Right. Well, what Baudrillard said about that is consumer thinking is magical thinking. Yeah, yeah.

In the consumer society. So, in other words, what you're consuming is the, all these sights and sounds and marketing gimmicks, but the thing itself is basically a complete simulacrum. It's a fake.

It's not what is advertised to be. And we could cite countless examples of that in the Jewish so-called health industry or in any industry. It's all about fake, falsehood,

phoniness, misrepresentation of reality, distortion.

I always think in terms of like the bodybuilding industry, you know, which is really mainly popular, like in the 80s and 90s and so forth, although it's in the 2000s, it was also to some extent. But, you know, they've got all these so-called magic superfoods, these high protein bars, you know, whey protein isolate, blah, blah, blah. And of course, they enhance the images to make them look more appealing to, you know, the consumer.

It's sort of like with, you know, you see that with places like McDonald's or whatever, where they would take a burger and they would make the buns or the patties or whatever. They make them look bigger and more like juicy looking when in reality what you what they hand you is like cardboard, you know. Yeah, I remember one time, the only time that last time I think one of the only times I ever ate McDonald's was when I was in Florida, like in 1996.

And I went there and the hamburgers were so small, it was like literally like the size of a piece of cardboard for the most part. Yeah. This is the way they sell it.

You know, they take an advertisement and they sell some pills, like testosterone boosting pills, allegedly. And they take a picture of a steroidal bodybuilder who probably does like multiple cycles of steroids every year, takes human growth hormone, you know, consumes like six to eight meals a day of like, you know, five pounds of meat or whatever the case. And, you know, lifts like hundreds and hundreds of pounds of weights and so forth.

And they take that guy and then they just associate this with pills. In other words, the pills cause that. You want to be that image, that ideal or stereotype, then you're going to have to take these pills and those pills.

And, you know, it's basically all basically marketing for the purpose of Jewish profiteering and basically harming those who get suckered into that, who are the dupes of Judah. And that's pretty much the way bodybuilding is. What it's designed for, ultimately, is basically just to distract and waste the energies of typically white males so that they will not develop real power in the form of, you know, developing intellectual power and in terms of being a leader and defending and protecting their own race against the Jewish genocide agenda.

So it's a distraction. And I myself fell into that throughout my life. I spent the better part of two decades obsessing about that sort of activity.

And, you know, it becomes sort of a fruitless expenditure of your nervous energy, all the energy you have to invest in that eating, you know, four meals a day or whatever. And then, you know, you got to lift weights five times a week or whatever it may be. And that just ends up expending huge amounts of your energy and effort.

And what is the end result? The end result is basically you just wasted huge amounts of energy and time. And I'm sure they also encourage non-Jews to do that so that they can have their entities feed off their energy. That's probably why they want people always working, so that these entities can feed off their energy.

Because what defines work in the dictionary is the ability, I forget the definition of work in physics is like, you know, producing energy or something like that. That's like the literal definition of work according to physics, the scientism that governs this world, quantitative abstraction, quantitative reductivism. And that's what the Jews want.

They want you to basically release energy so that these entities can feed off it, so that they can basically possess you and come onto the earth and, you know, basically feed off it. Because the Jews are basically like an instrument of these entities that these entities work with and empower the Jews on a quid pro quo basis, a giving and a taking. The Jews give the energy of the non-Jews and then power themselves through these entities and through the energy that the non-Jew gives off.

So what they do, they lay traps for the goyim to entice them to buy into the laws, to buy into these lifestyle practices that end up wasting their energy. And you can also factor in the sexual degeneracy as well through pornography and so forth. When you, you know, expel all of your energy in that way, not only does it harm you and become like an addictive drug through dopamine spike, hyper dopaminergic sensation or stimuli, that which creates huge dopamine spikes and eventually requires you to keep on increasing the stimulus to receive a similar response, but it also leads to, you know, your expellation of your bio matter that's probably fed on by these entities.

So that's one of the reasons why they want to, you know, it's all always for the same purpose, profiting at the harm to the non-Jew. What are your thoughts on that, colleague? You're continually quiet all the time now. Would it not be possible just to leave yourself unmuted? I can't hear what you're saying because it's too quiet.

Well, I guess that's just a general idea of health with a double L hyphen TH versus regular health or real health. Anyway, so can you still hear me? Once again, you're quiet as usual. Well, I think we should just stop recording then because obviously it's too hard to communicate if there's too much of back and forth of volume discrepancies, but I guess we got the general idea out there to people.

So thank you again for tuning in and hopefully we can have another discussion next time in terms of more like a positive prescription of what modalities of health would be ideal or optimal for people to follow.